

## **COMBINED FEDERAL CAMPAIGN (CFC)**

Tired and irritable from the cold weather that has beset us? Too much work to get done in too little time? Well, Rural Development has the answer! Rural Development is offering two ½ hours sessions of **Office Yoga: Friday November 21<sup>st</sup>, in the back of the cafeteria. The cost is only \$3 per session.**

**The first session is scheduled from 11:30 to 12 noon; second session, 12 noon to 12:30.** All proceeds will be donated to the Combined Federal Campaign (CFC). Space is limited to 25 per session—first-come, first-served. No special attire required. So, be there or miss the opportunity to:

- Learn and employ relaxation techniques on the job.
- Energize your mind.
- Overcome office fatigue.
- Increase productivity and general well-being.
- Improve mental and physical acuity.
- Improve health, concentration, and focus.

Call 202-720-1751, if you have questions. Otherwise, just show up.

**BE A STAR IN SOMEONE'S LIFE!**